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# *Food and Home Notes*

UNITED STATES DEPARTMENT OF AGRICULTURE  
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## BONSAI COLLECTION

### IS BICENTENNIAL GIFT

Bonsai is one of the most popular words in the horticultural field today. The bonsai are tiny trees shaped to resemble trees growing in their natural setting. Bonsai culture, which draws its inspiration from nature, is unique in that it offers gardeners the opportunity to express themselves artistically. Although it did not become widely known in the United States until the late 40's or 50's, Bonsai culture began in China more than a thousand years ago. It was first introduced into Japan in the late 14th century.



Rare Bonsai Tree — 180 years old, • 0176X29  
It was first introduced into Japan in the late 14th century.

Now the U.S. Department of Agriculture's National Arboretum\* has a Japanese garden and shelter to display the National Bonsai Collection -- a group of 53 rare and priceless bonsai plants and 6 viewing stones. It was a gift from the Japanese people to the United States in honor of the American Bicentennial.

The garden and shelter actually represent only the first phase of a building plan designed with bonsai as the focal point. Other additions are also planned to include an entry walk, courtyard and reception court at the Arboretum.

(con't p.3)

## FLOUR — MAYBE MORE, MAYBE BETTER

More flour from each bushel of wheat ...and greater nutritional value from the flour can result from a new extended milling procedure, according to William Shuey, a food technologist at the Agricultural Research Service of the U.S. Department of Agriculture.

The flour output is increased by five percent by a method of regrinding the byproducts of milling straight-grade flour. These millfeed products -- bran and shorts -- usually are incorporated into animal feeds. By this process, the extended extraction flour contains more than double the amount of vitamin B1 in straight-grade flour, according to Dr. Shuey.

Further...by this new process -- the nutritional value is improved by about eight percent increase in the essential amino acid lysine and added minerals. (Actually these nutritionally important components are recovered from the part of the wheat kernel immediately under the seedcoat). There is some difference, however, in the color (it's darker than what we're used to) and higher in mineral content.

The advantages are obvious: the miller produces more salable flour from the wheat he buys; the consuming public gets more flour produced from the same amount of wheat. And — more people can be fed from less grain.

## FOOD RESEARCH

...MORE FLOUR  
PRODUCED FROM  
THE SAME AMOUNT  
OF WHEAT —

5 PERCENT  
MORE —

Agriculture  
Research Service  
U.S.D.A.



## BONSAI COLLECTION (CON'T)

Viewing pavilion is also planned, with space for offices, workrooms, and classrooms.

Visitors -- many in the Washington, D.C. area for the bicentennial -- will have the opportunity to view the new plantings. A ceremonial gate and pathway leads to an impressive "sugi" forest of Cryptomeria (tall graceful conifers) with Japanese lanterns flanking the walkway. Rough-textured granite slabs and cobbles are interspersed throughout. Other plantings of Japanese red maple and black pine mark the point where the walkway emerges from the forest and bends toward the pond, which is filled with brilliantly colored Japanese kio or carp.

The oldest bonsai in the collection is a 350-year-old Japanese white pine.

\* 415 acre federal arboretum is located at 24th and R Streets, N.E. Washington, D.C. and is open to the public seven days a week. Telephone number is 202-399-5400 for any additional information.



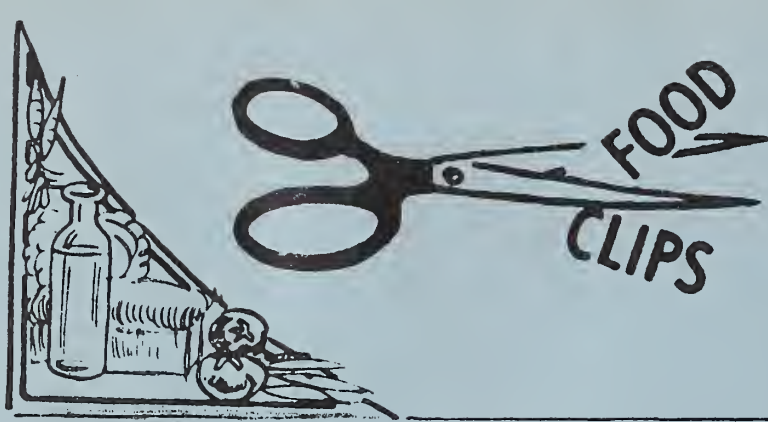
Viewing stones -- The Chrysanthemum stone and the seigaku-seki stone on display at the Arboretum.

• 0276X186-26

65 years old -- This Bonsai Tree is comparatively young in this collection of cultivated rare plants.

• 0176X28-27-A





## QUESTIONS AND ANSWERS



What is cured meat and why is it sometimes smoked?

Cured meat is meat that is treated with curing ingredients --primarily salt and sugar. After curing, the meat may be smoked with a nonresinous wood for added flavor. Hickory is a popular wood for smoking cured meats.

What is the difference in ground chuck and ground round?

Ground round frequently is leaner than regular ground beef or ground chuck and commands a higher price.

How long can canned products containing beef and veal be kept and how should they be stored?

Canned products containing beef and veal keep well in a cool dry place. Storage in a warm place may change the color and flavor. Under proper storage conditions canned beef and veal will retain their quality for as long as a year.

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### THE PEACHES ARE HERE!

Peach production in nine Southern States is expected to be 41 percent larger than last year according to U.S. Department of Agriculture reports. Fresh peaches are especially juicy and flavorful in July --worth their weight in nutrients and low in calories (about 50 calories for an average size peach).

In shopping for peaches look for a good color -- cream color to mellow yellow. This is a more reliable indicator of the maturity of the fruit than the perfect blush. But--avoid peaches that are very firm with a green ground color. (They have been picked before maturity and will not ripen properly.) Avoid peaches that have large flattened bruises because, there will be large areas of discolored flesh underneath the bruise. Decay generally starts as a pale tan spot; this will expand in a circle and gradually grow darker.

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